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Shoulder sidelines Lulay

The Lions will have to do without their quarterback for the next two games

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Huh. Minority rights, you say? ... Interesting

The Parti Québécois is opening the door to 'improving' its controversial charter of values

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1995 CALLED, THEY WANT THEIR RACIAL STEREOTYPES BACK

BORED WITH QUIPS ABOUT INDIAN COMICS, AZIZ ANSARI HOPES TO STRIKE A DEEPER CHORD WITH AUDIENCES

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Participants raise their canoe paddles in the air to greet elders in False Creek on Tuesday during the All Nations Canoe Gathering, officially marking the beginning of the weeklong Trust and Reconciliation Commission's National Gathering Event in Vancouver. MATT KIELTYKA/METRO

Reconciliation, a stroke at a time

False Creek. Canoe gathering kicks off week of healing for survivors of residential schools

MATT KIELTYKA
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Smooth waters greeted First Nations paddlers from across Canada and the world on Tuesday as they arrived in Vancouver to heal and navigate out of a stormy past caused by the horrors of residential schools.

With their colourful and decorative paddles in the air, dozens of canoes — many being paddled by residential-school survivors — saluted elders, dignitaries and hundreds of spectators around False Creek on traditional Coast Salish land, officially kicking off the weeklong Truth and Reconciliation Commission's National Gathering Event in ceremonial, spirited and deeply emotional style.

"If we are going to come to terms with this past, if we are going to have a discussion about what we need to do about it, then we need to reveal the whole truth," said Chief Dr. Robert Joseph, ambassador for Reconciliation Canada, on the first canoe to arrive at the All Nations Canoe Gathering ceremony.

"We need all Canadians to understand it is not just the aboriginal people that must go through the healing process, but Canada itself must heal from its own sin as well."

John Rustad, B.C. minister of aboriginal relations and reconciliation, shared a canoe with several survivors and said the experience was a powerful one.

"This has been quite a flood of emotions that have come over," he admitted. "Before we launched, we had a circle and the survivors that were on our canoe shared their stories. It was very emotional and it does well up in you."

Shawn Atleo, national chief of the Assembly of First Nations, hopes this week proves to be a turning point in the ongoing reconciliation process.

"It's a significant moment," he said. "This is a moment for action to be given to the apology offered by the prime minister in 2008 — good words, strong words that now need to be implemented."

The National Gathering Event continues through Sunday.

Follow Matt Kieltyka on Twitter @Mkieltyka

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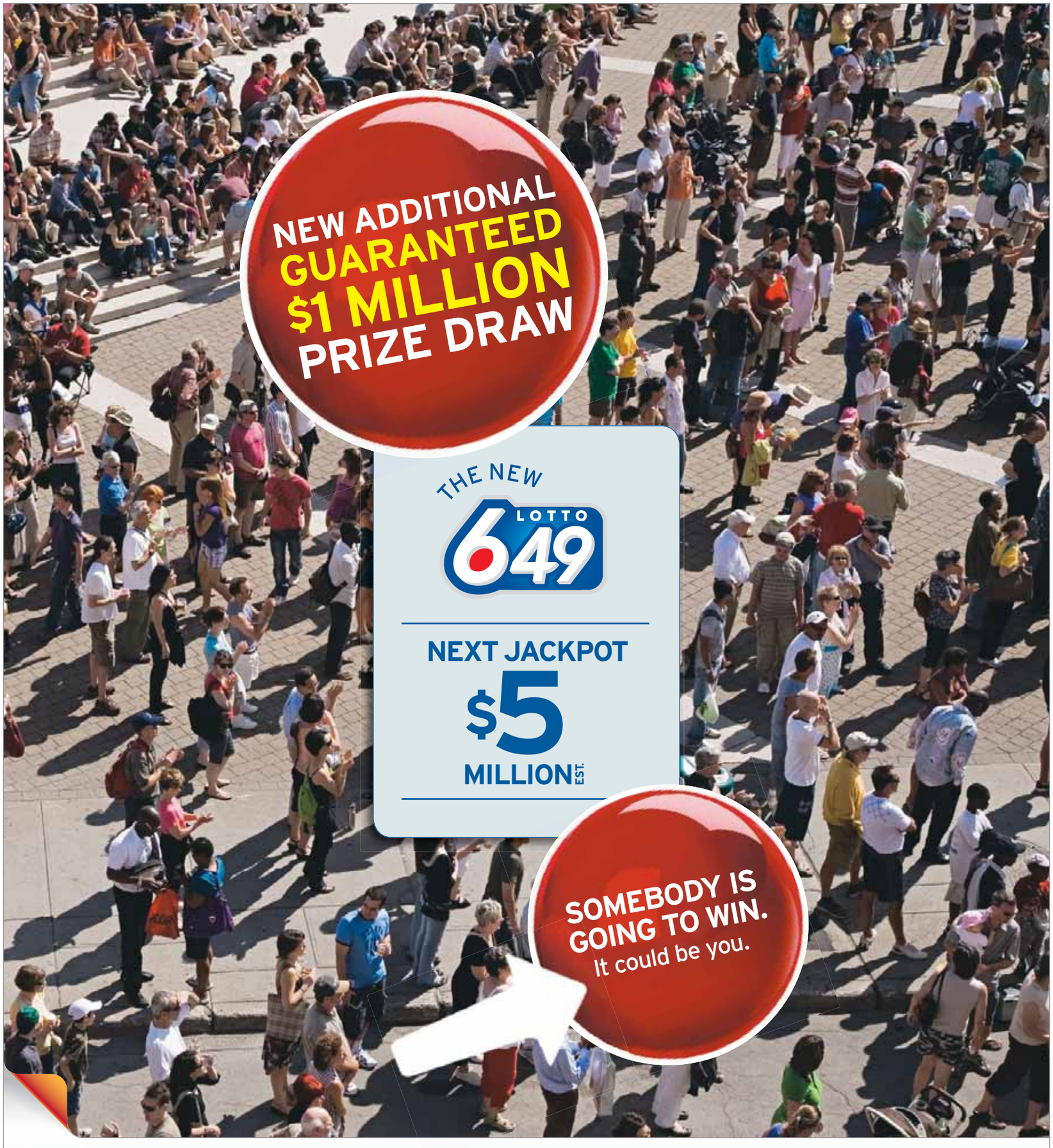

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East versus West. Both ends of city grapple with growth

They balked at initial plans, they battled for consultation and they bought themselves some extra time to fight changes in their neighbourhoods.

Vancouver city staff recommended council push back the timeline for the Grandview-Woodland and the Marpole community plans to hear from more citizens and to develop better options for development as the areas grow.

The Downtown Eastside and West End community plans and associated rezoning and bylaw amendments, however, are slated for completion as scheduled in November and public hearings in early 2014.

The backlash stems from proposed rezonings that allow for increased density, particularly tall towers surrounding transit hubs, in areas home to single-family residences.

Development around the Commercial-Broadway SkyTrain station, which the city states is the busiest transit hub west of Toronto, sparked the loudest backlash. The Grandview-Woodland plan will see the most significant delay at the cost of $275,000. The city plans to create a Citizens Assembly to engage more residents.

Most residents insist they're not NIMBYs, but claim the city's plans contained surprises and plans that weren't achieved through consultation.

Yet the delays aren't enough for some community groups. The Marpole Residents Coalition, frustrated with the city's "authoritarian attitude" and large spot rezonings, will rally at City Hall next Tuesday.

Council is scheduled to vote on the report next Wednesday.

EMILY JACKSON/METRO

Hillcrest is one of six community centres asking the B.C. Supreme Court for an injunction against the Vancouver park board. The centres want the park board to stop advertising the OneCard. EMILY JACKSON/METRO

Parks board versus community centres

A shot across the bow. The park board court battle with six associations over OneCard ads is part of a larger lawsuit

EMILY JACKSON
emily.jackson@metronews.ca

The Vancouver park board has never allowed the Killarney community centre association to sell ads on its ice-rink boards.

But those rules apparently don't apply to the park board, which recently plastered a huge banner pitching the OneCard at the rink.

Advertising the OneCard, a controversial pass that allows residents to participate at community centres without paying membership fees, was at the heart of a B.C. Supreme Court hearing on Tuesday.

Six community centre associations want the court to stop the park board from advertising the pass at their centres and to prevent any behaviour interfering with the centres' efforts to market or sell memberships, lawyer David McWhinnie said.

While the six centres still require membership, the aggressive advertising of the OneCard harms their ability to attract members that pay a nominal annual fee, McWhinnie said. This stops centres from earning as much cash and obtaining valuable contact information for developing a volunteer base, he said.

"If you deprive them of membership, you're effectively depriving them of their lifeblood," McWhinnie said.

The membership fees go to the associations to spend on their own community centre needs and programs, but going forward the park board wants to take any profit to spread equally across the city.

But these six centres don't want to relinquish control of the funds because it could take longer to react to unexpected expenses, Killarney association president Ainslie Kwan said.

Instead of dipping into the account for $6,000 to replace Killarney's bouncy castle, Kwan fears she'd have to wait months for the park board's approval under the new system.

"It seems like a small thing, but it matters to a three-year-old," Kwan said.

The judge will hear the park board's arguments and decide whether to grant the injunction Wednesday.

The larger lawsuit dealing with the centres's claims that the park board violated their joint operating agreement (and the park board's subsequent move to evict them by Dec. 31) is scheduled for Nov. 18, 19 and 20.

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Watchdog says it's a miracle girl survived

Branded 'evil child.' Background checks could have prevented abuse: B.C.'s Representative for Children and Families

B.C.'s children's watchdog says a girl who was nearly starved to death endured 18 months of horrific abuse after being branded an "evil child" at her grandfather's home.

Mary Ellen Turpel-Lafond made the comments Tuesday as she released a report examining the tragic treatment of a three-year-old aboriginal girl who was moved from B.C. to Saskatchewan, where her mistreatment continued.

Turpel-Lafond said policies and standards for placing vulnerable children in homes across Canada must undergo reviews to better support the needs of kids and families.

She said Children's Ministry officials should have known better than to place the girl with a man who was known as a poor and abusive parent.

"It is important to step back and ask how it is that a grandfather with 70 criminal convictions, a deep child-welfare history, and who was unable to parent his own children and an active addict could so easily have a child passed to his custody."

The girl was confined to the basement of her grandfather's home, Turpel-Lafond said.

"This child's best interests were never taken seriously, and as a result she was left in a dangerous situation, severely traumatized and emotionally and physically injured."

The girl's grandfather and spouse were sentenced to three years in prison in 2012 for failing to provide the necessities of life for the child, who is currently living in foster care in Saskatchewan.

Turpel-Lafond said it's a miracle the girl, who is now eight years old, survived her mistreatment. THE CANADIAN PRESS

Mary Ellen Turpel-Lafond

ERIC DREGER/THE CANADIAN PRESS FILE

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'No rules.' Vancouver calls for limits on 'crazy' campaign spending

Vancouver wants to curb spending and donations in its municipal elections after the 2011 campaign saw out-of-control party spending of $5.2 million and a single donation of $960,000.

Unlike Toronto, where people can contribute up to $750 per councillor, there are no limits on spending in Vancouver.

"It's crazy in a democracy that we have a situation in our cities where there are literally no rules," Coun. Andrea Reimer said Tuesday.

But the province won't give it the go-ahead to create its own campaign rules under the Vancouver Charter unless the Union of B.C. Municipalities votes this week to let it break from the pack.

While the province is proposing a number of campaign rule changes before municipal elections in November 2014, it doesn't want to discuss spending limits until the next election.

But that's the very problem Vancouver needs to address, Reimer said. The city spends more on its elections than most other municipalities in the province combined, she said.

If the resolution passes at the UBCM, the city could start consultation with residents on what the spending limits would be.

It would be challenging to institute the limits by 2014, Reimer admitted, but it would be a start in gaining the public's confidence in the system. EMILY JACKSON/METRO

On school grounds

Teen in serious condition after stabbing

A 17-year-old just barely survived a late-night schoolyard stabbing at Britannia Secondary School, Vancouver police say.

Police were called to the school at 11:30 p.m. Monday to investigate reports of a fight in the field. There, they found a young man suffering from a severe slash to the neck. He was rushed to hospital and underwent emergency surgery Tuesday morning. He is in stable but serious condition.

A 23-year-old Vancouver man has been charged with attempted murder, police say.

Police believe there were about 20 people present during the stabbing but many fled before police arrived. MATT KIELTYKA/METRO

Marine and Main

Driver who struck woman sought by police

Vancouver police are on the hunt for a driver accused of hitting a pedestrian and crashing into a mailbox early Tuesday morning.

A 49-year-old woman crossing SW Marine Drive at Main Street was struck by an unknown vehicle at 6:30 a.m. and had to be rushed to hospital with serious injuries. She is expected to recover.

Police say the vehicle fled the scene, went over a curb and crashed into a mailbox at the southeast corner of the intersection.

"We believe that there are witnesses ... that saw the car hit the mailbox," said Sgt. Randy Fincham.

Witnesses are asked to call police. MATT KIELTYKA/METRO

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Parks Canada declares war on island rats

Heritage site. Experts hope poison pellets will restore balance to Haida Gwaii islands

Parks Canada staff are waging war against an army of rats on two remote northern islands in Gwaii Haanas national park, in the Haida Gwaii archipelago, with an aerial drop of poison pellets they hope will eradicate the rodents and restore ecological balance.

The aerial drop is the second phase of project Night Birds Returning, a five-year, $2.5-million plan that experts hope will eradicate the rats first introduced more than century ago by visiting ships and that now number possibly in the hundreds of thousands on Murchison and Faraday islands.

Get 'em all

"You cannot leave even a single rat behind because that rat could be pregnant."

Parks Canada's Laurie Wein, on the aim to eradicate every rat

"It's a veritable buffet for them," Laurie Wein, the project manager for Parks Canada, said Tuesday.

"They consume seabird eggs, they will consume the chicks, they will consume even the adult birds and because the birds nest on the ground, they are essentially defenceless."

Once-thriving, healthy seabird colonies of worldwide significance have been decimated, she said. THE CANADIAN PRESS

The aerial drop is the second phase of project Night Birds Returning. CONTRIBUTED

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Human-trafficking trial. Woman worked long hours for no pay, court hears

Had she known that she would become an unpaid domestic servant in Canada, she would never have come overseas, an African woman told a human-trafficking trial on Tuesday.

The 26-year-old from Tanzania, who cannot be named under a publication ban, said she was forced to do everything from cleaning bathrooms and polishing floors to serving meals and washing cars when she worked — without pay — for 60-year-old Mumtaz Ladha.

The wealthy West Vancouver woman is on trial, accused of four human-trafficking-related charges.

The witness told B.C. Supreme Court Justice Lauri Ann Fenlon that she also cleaned dishes and windows in Ladha's $4-million home, tended to Ladha's plants, gave Ladha massages at night, and did the family's laundry — sometimes by hand, which eventually led to a skin condition.

The work would start once she woke up around 6 a.m., and she barely got to stop until midnight or 1 a.m., she said.

The work was in stark contrast to what the woman was promised when she agreed to come with Ladha from Tanzania to Canada in August 2008, she testified.

She said Ladha had offered her a job in a soon-to-be opened beauty salon that would pay her $200 a month.

"Would you have left Africa to come to Canada to work with Mumtaz if you had known the working conditions that you found yourself in here?" asked Crown counsel Peter LaPrairie.

"No," she said through an interpreter.

The trial already heard that Ladha, who owns property in Tanzania and Vancouver, applied for the woman to come to Canada with her because she had vertigo and needed help. She also told officials that the woman was her travelling companion and a caregiver. THE CANADIAN PRESS

Why she came

$200

The witness said 60-year-old Mumtaz Ladha had offered her a job in a soon-to-be opened beauty salon that would pay her $200 a month

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Special delivery. Drugs, weapons arriving in Canada through the mail

Criminals are using the Canadian postal system to transport illicit goods including guns, grenades, dangerous chemicals and, in one case, even a rocket launcher, says a newly declassified RCMP report.

Counterfeit items as well as drugs such as cocaine and heroin are also arriving in the country through Canada Post, says the report.

It calls for greater collaboration between police and postal officials to detect suspect parcels, noting legislation limits the ability of police to search and seize mail.

"There is a diverse range of contraband goods being shipped through the Canadian postal system, some of which pose a risk to the safety of Canadians," says the November 2012 report, which draws on information from more than a dozen police forces and Canada's border agency.

The report, prepared by the RCMP's criminal intelligence section for the organized crime committee of the Canadian Association of Chiefs of Police. helped substantiate what chiefs across the country had been hearing anecdotally, said Bruce Herridge, deputy chief of York Regional Police in Ontario and co-chairman of the committee.

"There's probably more of this going on than we're aware of." THE CANADIAN PRESS

Quoted

"There's probably more of this going on than we're aware of."

Bruce Herridge, deputy chief of York Regional Police

Jeffrey Baldwin. Witness to boy's starvation didn't want to 'cause friction'

A man who witnessed the slow, ultimately fatal starvation of a five-year-old boy at the hands of his grandparents was "bugged," but didn't want to "create friction" by reporting it, he told an inquest Tuesday.

A coroner's inquest into the death of Jeffrey Baldwin heard Tuesday from one of the adults living in the house at the time. Mike Reitemeier was living in the home with his partner. The inquest was the first time he has spoken publicly about what Jeffrey went through.

In the last few days of Jeffrey's life, the boy was so weakened that he had trouble standing, eating and even holding his head up, Reitemeier said.

"I sort of had it in my head that he wasn't going to, he wasn't going to make it," Reitemeier told the inquest.

Coroner's counsel Jill Witkin asked him if he ever called 911 or children's aid. He hadn't.

"I should have," Reitemeier said. "I mean, I torture myself every day since this has happened...I don't know why I didn't do something." THE CANADIAN PRESS

Former Saint Mary's student returns degrees

Frosh week pro-rape chant. Calgary businessman urges president to step down to help repair 'damaged reputations'

HALEY RYAN
Metro in Halifax

In the cool air of Tuesday morning, Daren Miller leaned his two degrees from Saint Mary's University against the fence around the former Halifax Infant's Home and walked away.

Miller, a chartered financial analyst living in Calgary, flew to Halifax to return his Bachelor of Arts and Bachelor of Commerce degrees to Saint Mary's in the wake of a pro-rape chant caught on video during frosh week.

Hundreds of first-year students were led in a chant spelling out "young," with lines like, "U is for underage, N is for no consent."

Saint Mary's registrar Paul Dixon greeted Miller and accepted the degrees after they were placed against the fence.

"I feel very sad having done it. It represented five years of extremely hard work," said Miller, who graduated in 1995.

The degrees will also be removed from his resumé, Miller said, because he wanted to distance himself from the culture of misogyny at the university.

Miller called for Saint Mary's president Colin Dodds to step down on Tuesday, and have the school hire someone with experience handling "damaged reputations," saying a culture shift can only happen with "change at the top."

"The university respects his right to protest," said university spokesperson Steve Proctor, who added Miller had turned down Dodd's invitation of a private meeting.

Miller said despite his own feelings, turning over the degrees was also to stand with those who feel "marginalized" at Saint Mary's, and with victims of sexual abuse across the country.

"For me, this will go away," Miller said. "For … someone who has been abused, that will live with them their entire lives."

Miller said he is "under no illusion" that rape jokes and sexist behavior are just a Halifax problem.

"My idea of Canada does not include this rape culture. I was absolutely shocked to see something like this in 2013," Miller said. "I think men need to understand, particularly on a campus scene, that no means no."

Quoted

"To me those degrees are valueless."

Daren Miller, a chartered financial analyst, who flew to Halifax to return his degrees to Saint Mary's in the wake of a pro-rape chant caught on video during frosh week.

Daren Miller of Calgary poses for a portrait in Halifax prior to returning his degrees to Saint Mary's University on Tuesday. JEFF HARPER/METRO IN HALIFAX

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August 23, 2013

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PQ opens door to 'improving' values charter

Debate over minority rights. Government says it will potentially amend plan before it's tabled as a bill this fall

The Parti Quebecois says it could amend its controversial values charter based on public input it receives before submitting the minority-accommodation plan to the legislature.

The comments come one week after the release of the PQ government's proposals, which has touched off an acrimonious debate on minority rights.

That promise to listen, and potentially amend the religion plan before it's tabled as a bill this fall, echoes statements from the PQ during the summer.

"We're looking at ways to improve the proposal," said Quebec's minister responsible for Montreal, Jean-Francois Lisee, on Tuesday.

"We're listening. It's been less than one week, we're asking people to participate and we'll take these into consideration."

He offered no details on what the potential changes might look like.

Because the current plan has no opposition support the minority government could either water it down, split it in half or preserve the entire thing for use in an election campaign.

As it stands, the government is still defending the plan in its current form. Lisee called it "modern and progressive" and on Tuesday compared the wearing of religious garb to political slogans — which is forbidden for public servants.

"We have already established (public servants') neutrality for other beliefs," Lisee said.

THE CANADIAN PRESS

Proposal

Plan losing support: Poll

The PQ wants to forbid public employees from wearing visible religious symbols. A poll this week suggests the plan has the support of most Quebec francophones, but the support has dropped considerably. THE CANADIAN PRESS

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D.C. shooting rampage. Navy Yard gunman heard voices: Officials

Aaron Alexis FBI/THE ASSOCIATED PRESS

The former Navy reservist who killed 12 people at the Washington Navy Yard had been hearing voices and was undergoing treatment in the weeks before the shooting rampage, but was not stripped of his security clearance, officials said Tuesday.

Aaron Alexis, a 34-year-old information technology employee with a defence contractor, used a valid pass to get into the highly secured installation Monday morning and started firing inside a building, the FBI said. He was killed in a gun battle with police.

The motive for the mass shooting — the deadliest on a military installation in the U.S. since the attack at Fort Hood, Texas, in 2009 — was a mystery, investigators said.

U.S. law enforcement officials told The Associated Press that there was no known connection to terrorism and that investigators have found no manifesto or other writings suggesting a political or religious motive.

Alexis had been suffering a host of serious mental problems, including paranoia and a sleep disorder, and had been hearing voices in his head, according to the officials, who spoke on condition of anonymity because the criminal investigation was still going on.

He had been treated since August by Veterans Affairs, the officials said.

THE ASSOCIATED PRESS

Victims' families fight group's quest for standing

Lac-Mégantic disaster. U.S. bankruptcy trustee says all creditors are already represented at MMA proceedings

The families of some victims of the deadly rail crash in Lac-Mégantic are opposing a Quebec committee's bid for official standing at a railway's bankruptcy proceedings in the United States.

The families of 18 victims of the July 6 derailment and explosion told a U.S. court in Maine that they object to the Quebec group's efforts to be appointed as an official creditors' committee representing the provincial government, the municipality and some wrongful death and personal injury claimants, along with those who had property damage.

"The families who lost loved ones believe they have specific interests that should be defended by their own committee," their lawyer Daniel Cohn said in an interview.

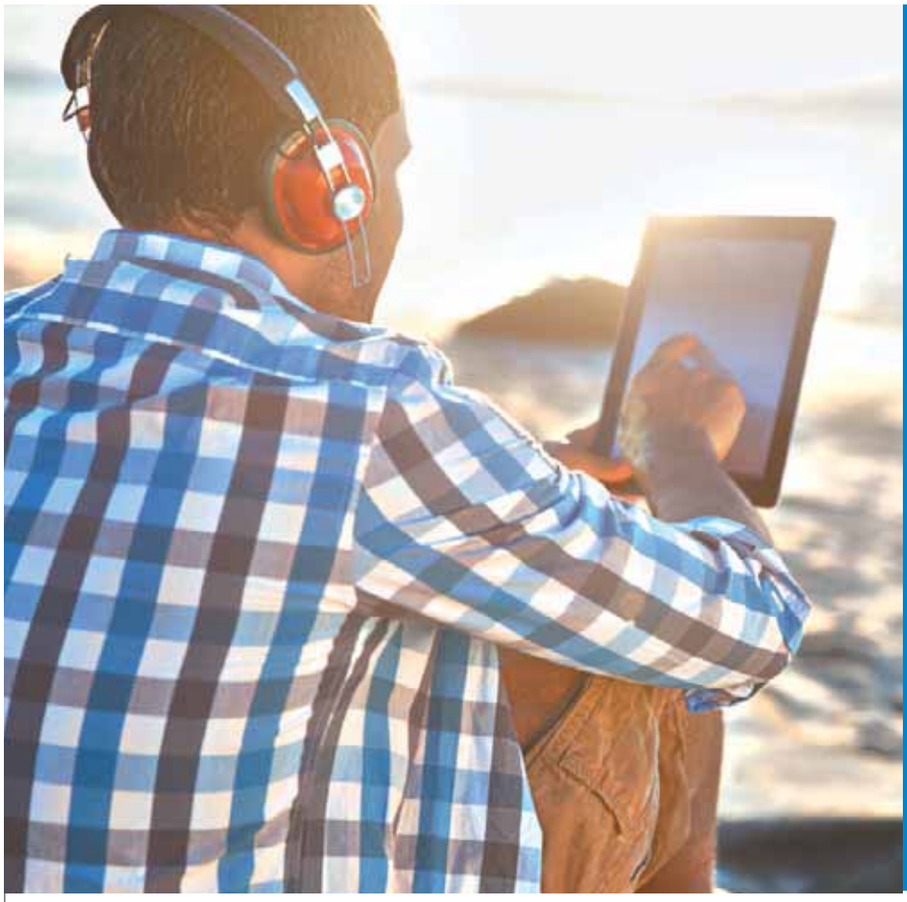
"They welcome help from the government, but they understand that it could (use compensation) for cleaning environmental damage. They want their fair share."

Objections have also been filed from various other parties, including Robert Keach, the court-appointed trustee overseeing Montreal Maine & Atlantic's bankruptcy.

Keach says the committee's appointment is unnecessary because he represents the interests of all creditors, including the victims of the derailment. He adds that recognizing the committee would increase costs and "sap what limited resources of the debtor exist."

THE CANADIAN PRESS

Rescue workers at the site of the Lac-Mégantic train derailment on July 16. The crash killed 47 people. THE ASSOCIATED PRESS FILE



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Online security. Which celeb is likely to give you malware?

If you're curious about Lily Collins and head to the Internet to find out more, beware — McAfee has ranked the actress as the most dangerous celeb to search for online.

Collins, who starred in movies such as Mirror, Mirror and The Mortal Instruments: City of Bones posed the biggest risk of landing on a malicious site, according the computer security company. Last year Emma Watson topped the list.

Female celebrities were the overwhelming lure to malware; Avril Lavigne, Sandra Bullock, Kathy Griffin and Zoe Saldana rounded out the top five; Mad Men star Jon Hamm was the only man in the top 10.

Lily Collins
THE ASSOCIATED PRESS

A person could be led to malware after doing a general search and clicking on dubious links, but risks increased when searchers added phrases like "free apps" or "nude photos."

THE ASSOCIATED PRESS

Celebrity spokescat

Shut up and eat the kibble: Grumpy Cat gets food deal

It probably won't affect her mood, but Grumpy Cat now has an endorsement deal. The frown-faced web sensation, real name Tardar Sauce, is now the "spokescat" for a Friskies brand of cat food, Nestle Purina PetCare said Tuesday. Photos of Grumpy Cat, her brown and white face in a constant scowl, are a constant presence on social media.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.13¢ (+0.28¢)

TSX 12,834.11 (+17.23)

OIL $105.42 US (-$1.17)

GOLD $1,309.40 US (-$8.40)

Natural gas: $3.73 US (-1¢)
Dow Jones: 15,529.73 (+34.95)

Iran. Social media blocked again after 'technical' glitch

Word of the opening of Iran's blocked social media sites was spread, of course, by social media itself, with celebratory tweets and breathless Facebook posts. Hours later, the same sites Tuesday chewed over the sobering fact that the four-year-old firewalls were back in place.

But others interpreted the seesaw events as signs of growing internal struggles between the moderate-leaning President Hasan Rouhani, who has promised to ease Iran's cyber-censorship, and hard-liners in the Islamic establishment who see no benefit in lifting restrictions intended to foil potential political opponents and reformists.

The window let users access banned sites such as Twitter and Facebook directly rather than having to use proxy servers that bypass Iranian controls.

Iran's clampdown on social media came in response to the street riots and unrest after the disputed 2009 re-election of Mahmoud Ahmadinejad, whose opponents were among the first in the Middle East to harness the web to organize protests. THE ASSOCIATED PRESS

THESE WILL KNOCK YOUR SOCKS OFF

JUST SAYIN'

Paul Sullivan
metronews.ca

Some addictions are bad for you, e.g. crack cocaine or cracked-pepper potato chips.

Some addictions are good for you, e.g. Iron-Man triathlons.

Some addictions, it's hard to tell, e.g. peanuts and trivia.

An addiction to trivia can have dire consequences for innocent bystanders, especially if you find yourself a captive audience on a crowded airplane or at a dinner party where the main dish is composed mostly of quinoa.

Of course, it depends on the quality of the trivia. There is boring trivia, and then there's the stuff you simply can't get enough of. If you ask me, we spend too much time on the boring stuff — especially on quiz shows like Jeopardy and the Million Second Quiz. It's all about the prize money, but the trivia? Meh.

It doesn't have to be that way. Did you know that the universe is shaped like a vuvuzela (that annoying South African soccer horn)? Well, you do now. Just try to forget it.

Or how about: In 2008, a man in Ohio was arrested for having sex with a picnic table. How could you not want to know that?

There's more: Did you know that Saddam Hussein's secret bunker was designed by the grandson of the woman who built Hitler's secret bunker? All in the (Bunker) family …

You need to know this stuff. And there's plenty more where that came from. Precisely 1,224 items in a book created by the people behind the British quiz show QI called 1,227 Quite Interesting Facts to Blow Your Socks Off (a quite interesting book).

British quiz shows are more interesting than North American quiz shows because they're not exercises in crass one-upmanship for cash, not that there's anything wrong with that. But QI understands the true beauty of trivia. Once you know that Italy's biggest business is the Mafia, accounting for $178 billion a year and seven per cent of that country's GDP, you will hold your own wherever you sit at the table.

Trivia is important because "everyone is entitled to their own opinions, but they are not entitled to their own facts" according to legendary U.S. Senator Daniel Patrick Moynihan (1927-2003), which is the epigraph at the outset of 1,227 Facts. If you simply can't stand to sit through yet another fatally flawed socio-politico-econo-cultural analysis of this or that big issue, simply wait for a lull in the conversation and let 'em have it with the big guns.

Did you know that a female ferret will die if she doesn't have sex for a year?

And if that doesn't do it this will: The founder of match.com, Gary Kremen, lost his girlfriend to a man she met on match.com.

You won't even need to justify the interruption and it will instantly dispel any conversational fog built up in the room.

Now, if you're getting bored, here are a couple of quickies to chew on as you head into work this morning:

Light travels 18 million times faster than rain. And Beyoncé is the eighth cousin, four times removed, of Austrian composer Gustav Mahler.

Beats crack cocaine or peanuts, doesn't it?

ZOOM

Battery drained? Use elbow grease

COURTESY JOE KIEZ

Device charges gadgets with human energy

You have lots of energy to make it through the day, but your cellphone battery doesn't. Not anymore.

A student from Humber College, in Toronto, has designed a device that could harvest kinetic energy from human motion to generate energy to charge a wide variety of gadgets such as cellphones, MP3 players, smartphones and tablets. The current design — dubbed ENE — has theoretically demonstrated it can charge 20 times faster than traditional electric methods.

Designed by college student Joe Kiez, the innovation has been nominated and shortlisted for the James Dyson Award. METRO

James Dyson Award

- An international design award from Sir James Dyson, famed U.K. vacuum inventor.
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- The winners will be announced Nov. 7.

Power of the people

"If you move, you are using and outputting power. Anyone and everyone that moves has the potential to create harvestable energy."

Joe Kiez, Humber College student and James Dyson Award nominee

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Train? Check. Cross-train? Check. Blog, tweet, Instagram? Check. For many athletes, physical training is just one part of 'making it' as a professional athlete, while hollering at fans and drawing attention to the sport is another (especially for our dear Canadian athletes). Meet Canada's blogging, tweeting, Instagramming runners:

COURTESY RITA IVANAUSKAS

Rob Watson:

LeblogduRob.com sheds some light on the life of the London, Ont.-born runner who "digs the sport and digs the grind." You can also find him at @robbiedxc.

Reid Coolsaet:

There's more to this runner's Instagram account than races and roads, follow @reirdcoolsaet for arty portraits, landscapes and even beer drinking. As well, find his ramblings at Float On blog at reidcoolsaet.com.

Twitter

Follow @metropicks and take part in our daily poll.

@metropicks asked: Three Toronto firefighters were fired for sexist tweets. Should a boss be allowed to axe for personal tweets?

@Cazzy: It's up to the individual to make sure their online presence is hidden enough to not affect their job.

@johnkuypers: Firing 3 Toronto firemen over sexist tweets could be the worst leadership move I've seen in a while.

Comments

RE: Three Toronto Firefighters Sacked Over Sexist Tweets; Unions Express Anger, published Sept. 17

Unions should not be allowed in any governmental office. The provincial statutes and federal laws should be enough.

David Fletcher posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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METRO DAY AT H&M

Love in the time of technology

Aziz Ansari. Comedian aims to hit a deeper chord with audiences in his newest set, which will headline Toronto's JFL42 festival

Have you heard the one about the Indian comic? Because Aziz Ansari has — and he's pretty bored with it.

After enduring some racially inspired jabs at the hands of some of comedy's top stars for Comedy Central's recent roast of bleary-eyed James Franco, Ansari took his turn at the dais and shooting back, with his trademark earnestness: "I think it's so cool that some of you guys were able to travel back in time to 1995 for some of those Indian jokes you did. That's so cool!"

"Even with the sitcoms these days, it's people like me or Mindy Kaling and others — there's no 7-11 jokes or anything like that. I think the culture really has moved beyond that stuff, and that's why it was kind of jarring to hear those kinds of jokes and it's like, 'Really, you're really going to go there with this; you think that stuff is relevant anymore?"' he said in an interview.

He's certainly been around the stand-up circuit long enough, too — 12 sneaky years for the comedian with the boyish features and the contagious on-stage excitability, who has risen to fame by stealing scenes in the NBC comedy Parks and Recreation as the cad Tom Haverford, and in the 2009 Judd Apatow vehicle Funny People.

Now, he's set to headline Toronto's JFL42 comedy festival, which will mark one of the first large-venue crowds that will see his new, still-untitled hour of comedy, exploring love in the time of technology — an issue in which, he says, he has some expertise.

"It's what I'm dealing with in my life — dating, trying to find someone, maybe not trying to find someone," said the 30-year-old. "I write my stand-up about whatever's consuming my head and when I was writing this stuff, that's what I was doing a lot.

"It was like, 'Man, this is such a weird time to be a person trying to find love. It's a very frustrating time in a lot of ways.' And it's struck a chord, with both men and women."

While his previous sets featured more standard comedic observations — stories about his North Carolina upbringing, about the time-sucking properties of the Internet, and the hijinks of his wide-eyed little cousin Harris — he calls this set his most difficult yet, aiming to spew his emotional guts while busting his audience's too.

"(With this set) I really tried to hit in a deeper way than I did with the other shows. This one, I'm really trying to do something different and I think I pull it off, but we'll see."

THE ASSOCIATED PRESS

Comedian Aziz Ansari will explore love and technology in his new show. CONTRIBUTED/THE CANADIAN PRESS

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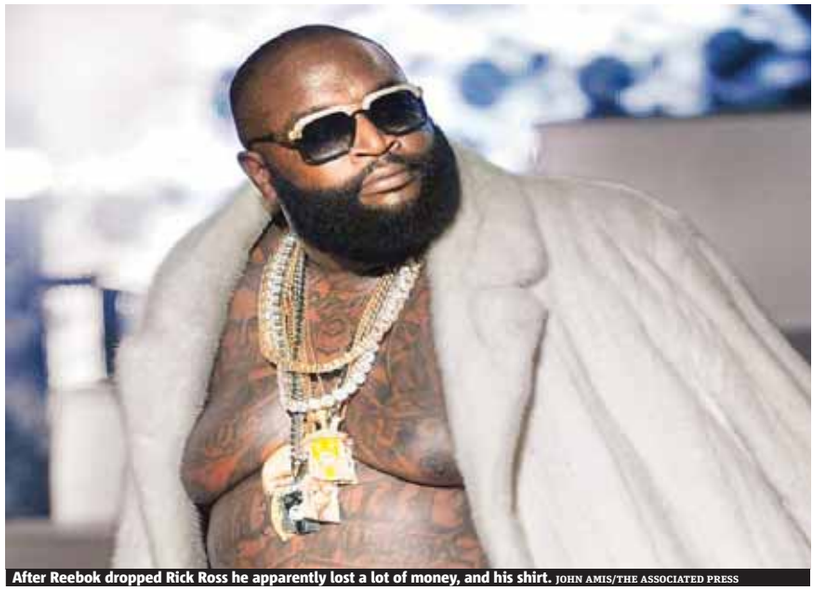

After Reebok dropped Rick Ross he apparently lost a lot of money, and his shirt. JOHN AMIS/THE ASSOCIATED PRESS

Rick Ross moving on after his divorce from Reebok

Music. Rapper talks about how a business relationship went sour and about his new album

Even though Rick Ross lost his deal with Reebok this year, the Miami-based rapper continues to sport and promote the sneaker brand.

"I'm still supporting Reebok. I'm still wearing Reebok," he said in an interview last week. "It's nothing more than that. I've been wearing Reebok my whole life ... Still got nothing but love for Reebok."

The burly, husky-voiced Ross became known for his colorful and heavy lyrics, rapping about the grimy street life, money, luxury cars and women. But the Grammy-nominated performer took things too far on Rocko's song, U.O.E.N.O, where he raps about giving a woman the drug MDMA, known as Molly, and having his way with her. Petitions were issued by women's groups and rape victims.

Reebok terminated its contract with Ross in April following the heavy criticism.

But Ross says he has moved on and learned from the setback. In a recent interview, the 37-year-old talked about Reebok, his relationship with Jay-Z and his compilation album, Rick Ross Presents: Self Made 3, released Tuesday.

Terminated

"You live and you learn. I think the most unfortunate thing about the whole situation was just the fact that my lyrics offended some ladies, especially dealing with the topic of rape."

Rick Ross
Talking about losing his deal with Reebok

What did you learn from your setback with Reebok?
You live and you learn. I think the most unfortunate thing about the whole situation was just the fact that my lyrics offended some ladies, especially dealing with the topic of rape. It was interpreted as rape. I really wanted to make sure that I apologize to any woman that I offended in that way. I just wanted to make that clear. When I make music and I'm talking on records, it's like I'm painting a picture. In my mind, I'm seeing a film. I apologize.

Jay-Z has supported you since he signed you to Def Jam in 2006. How has he helped you through your maturation?
He's been a part of pretty much every project I've put together as a solo artist. He's always been there any time I've made a call. It's just an array of things I've learned from him outside of music, like handling business and money. ...I come from down South where I want the music, bass and the beats that shake the walls. Hov talked to me about performing (and) what live music brings to the table.

This is your label's third compilation album and it mainly features you, Wale and Meek Mill. Why do you think it's beneficial to release a compilation album?
When you see compilations like this, you see longevity. With us, we have people who are on top of their game. But we want to bring more artists into the fold, and give young artists an opportunity to be on the same playing field with us. That in itself speaks volumes to someone at home chasing their dreams.

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Dress up, fight crime and you too can save the world

New movie. Hugh Jackman stars in the Prisoner, which treads on a familiar theme of taking the law into our own hands

IN FOCUS
Richard Crouse
scene@metronews.ca

In this weekend's movie Prisoners a father, played by Hugh Jackman, kidnaps the man he thinks abducted his daughter and her young best friend.

It's a classic case of vigilante justice, a practice another movie character, Foxy Brown, called "as American as apple pie."

It's also illegal, dangerous and morally unsound, but that doesn't stop Hollywood from featuring vigilantes in their stories.

Comic books have supplied the movies with vigilantes for years.

According to comicbookmovie.com, "It is important to state one truth," they write, "(and) that is, all comic book heroes, unless sanctioned by the government, are vigilantes."

That's a wide group that includes, among others, Batman, Spider-Man and Iron Man.

Lesser known is Rorschach, the anti-hero of the graphic novel The Watchmen and played by Jackie Earle Haley in the movie of the same name.

He's a masked crime fighter who believes in only good and evil. This black-and-white morality drives his ruthless need to punish evil-doers at all costs.

"Were it not for costumed vigilantism," says the actor, "He'd have nothing."

Rorschach is effective and lethal, but Paul Kersey didn't wear a costume to earn his star on the Vigilante Walk of Fame.

As played by Charles Bronson in five Death Wish movies, he cleaned up the streets with an efficiency that would make the Watchmen envious.

In the original 1974 film Kersey is an architect driven to taking the law into his own hands following the brutal murder of his wife.

"If the police don't defend us," he says, "maybe we ought to do it ourselves."

Star Bronson was quick to say that he didn't "advocate anyone taking the law into their own hands," but knew that the Death Wish movies were popular because, "Audiences like to see the bad guys get their comeuppance."

Harry Brown is a gritty Gran Torino with British accents and a dash of Death Wish.

Michael Caine plays the title character as High Noon's Gary Cooper, but instead of being set on the wide open plain, the action in this Teabag Western takes place in the urban terrain of the Elephant and Castle section of London.

"This movie changed me," Caine said.

"I started out thinking, 'Let's go out and make a movie about killing all these scumbags,' and then I met these people and realized they were helpless, just as much as the victims, and they had been neglected and they need help."

Quote

"Were it not for costumed vigilantism. He'd have nothing."

Jackie Earle Haley
In the movie The Watchmen

Hugh Jackman stars in Prisoners, opening this weekend. CONTRIBUTED

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Jack Johnson goes From Here to Now to your stereo

New music. The mellow maestro makes a return to the easy going anthems that made him famous

Jack Johnson is undisputed dean of self-described backyard barbecue folk.
WADE PAYNE/THE CANADIAN PRESS

Want to hear the sound of pure contentment? Pop on the new Jack Johnson record.

If you thought the Hawaiian folk-rock singer was ultra mellow before, wait until you hear "From Here to Now to You."

"I just write about whatever it is that's on my mind," Johnson said. "This record has been a lot of just sort of being in the family in just kind of my own little bubble. Dropping the kids off at school, and just day-to-day life, just washing the dishes, working in the garden, taking the trash out. That's not necessarily what the songs are about, but that's kind of where I was living, in that space."

It's a very comfortable space. From Here to Now to You, out Tuesday, is his sixth album and moves away from the darker, more electric-oriented music on his last two albums, which were filled with songs affected by the deaths of his father and a cousin.

There's a gentle, rolling rhythm throughout the album's 12 tracks with a handful of love songs aimed at his wife and others examining fatherhood. There's even one called, Washing Dishes.

The songs were mostly written on an acoustic guitar on Johnson's front porch on the North Shore of Hawaii, recorded in his studio and created with his friends, including his longtime band members, Ben Harper and producer Mario Caldato Jr., who recorded Johnson's second and third albums in the mid-2000s.

The process mimicked the way he started, before his platinum debut, Brushfire Fairytales.

"Music's always been about sharing to me," Johnson said. "The first chords I ever learned were basically so we could do Bob Marley songs on the front porch, and the Beatles and Cat Stevens. So when I started writing my own, it was the same thing, about sharing."

THE ASSOCIATED PRESS

Making music

"This record has been a lot of just sort of being in the family in just kind of my own little bubble."

Jack Johnson
Talking about the making of his new record

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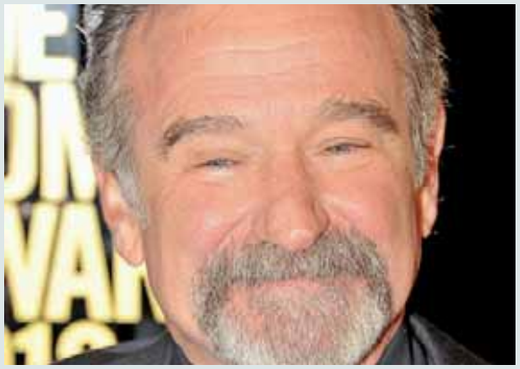

Robin Williams returns to TV because he's broke

THE WORD
Melinda Taub
scene@metronews.ca

It's a sign of the times that so many movie stars quietly return to television after a few years or decades. Most will claim it's because TV is so creatively vibrant now, or whatever.

Not Robin Williams. He'll happily admit that he signed on to his new TV series The Crazy Ones, with Sarah Michelle Gellar, for the dough, which will then go to his ex-wives.

"The idea of having a steady job is appealing," Williams told Parade Magazine. "I have two (other) choices: go on the road doing stand-up, or do small, independent movies working almost for scale (minimum union pay). The movies are good, but a lot of times they don't even have distribution. There are bills to pay. My life has downsized, in a good way. I'm selling the ranch up in Napa. I just can't afford it anymore."

Impressively candid. Most movie stars, even if their star has clearly dimmed, don't like to admit they're not high rollers anymore.

And Williams has two ex-wives, which he admits takes a big bite out of his income.

"Divorce is expensive. I used to joke they were going to call it 'all the money,' but they changed it to 'alimony.' It's ripping your heart out through your wallet."

Mark Wahlberg

Mark Wahlberg finally gets his diploma

At 42, Mark Wahlberg is finally a high school graduate, the actor — who dropped out in the ninth grade — revealed the milestone in an op-ed piece for the Huffington Post earlier this week.

"I was fortunate to find out I could attend high school online. For almost a year, I've been taking classes and studying any chance I could get — on the set, travelling for work and at home. It has been both humbling and challenging, but I'm happy to report that I am officially a high school graduate."

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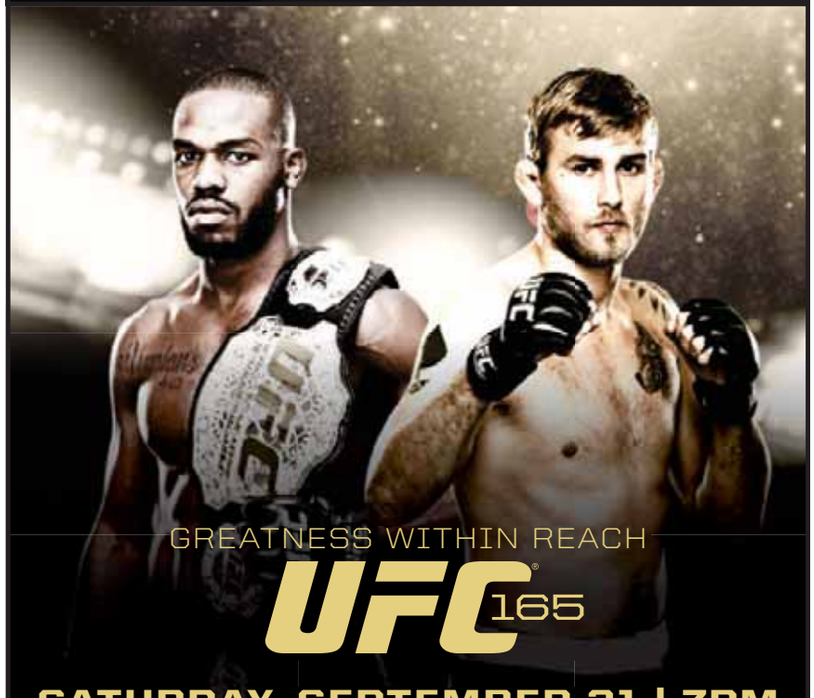

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LIFE 3

Sunny days in Los Angeles

Guide. From star-style fare to more budget-friendly options, this city has it all

JIM BYERS
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It's impossible to capture such an immense city in one story so I'll keep this focused on Hollywood and downtown Los Angeles, which has seen an incredible resurgence.

Sleeping

The Roosevelt, a Thompson property, was home to the first Academy Awards ceremony, which lasted only minutes (if only it were still the case). Marilyn Monroe often did photo shoots at the pool and used to sleep there regularly, amongst other things. There's a cool, old-fashioned, two-lane bowling alley in a funky upstairs bar, an airy, Spanish-looking lobby and fun, modern rooms. Prices in October from $299. Downtown, The Standard offers a chic rooftop bar and rooms from $225. There's also the sleek Ritz Carlton, part of the L.A. Live entertainment complex. There's a beautiful pool and bar on the 26th floor and a Wolfgang Puck restaurant. Rooms in October from $419.

Dining

Try Public at the Roosevelt in Hollywood for grilled octopus or even rabbit, served in a bright room with diamond-tufted banquettes and lots of dark wood. The burgers at the hotel burger bar, called 25 Degrees, have been voted L.A.'s best many times. They also serve up a chocolate milkshake with, um, Guinness. A personal favourite for budget types is Tommy's Burgers at Beverly and Rampart, where the gooey, napkin-destroying chiliburgers are legendary. Downtown, near Union Station, you'll find Philippe's original. The place has hardly changed in decades, right down to the pickled eggs on the counter and the wait staff. Angelenos of all colours and creeds gather to munch on roast beef French dip sandwiches (ask for a double dip for more juice) and local beers. It's just 65 cents for lemonade and 45 for coffee. Former mayor Richard Riordan runs the Original Pantry. They serve up excellent hash browns and spicy Portuguese sausage at breakfast.

The Roosevelt is a great old hotel in Hollywood that's seen its share of glamour over the years. PHOTOS JIM BYERS/METRO

The Sunset Hollywood Ranch is a wonderful spot to soak up southern California's cowboy culture.

Drinking

The Library Bar at The Roosevelt is a tiny spot with dark wood and zebra-striped chairs. Bartenders have locally grown herbs on the counter and will mix a drink to your taste. I had bourbon with lemon and rosemary that was fresh and flavourful. Just down the road, Musso and Frank is known for both steaks and perfectly dry martinis served in an old-time setting. There's a cool rooftop spot at Perch on Hill Street, complete with fireplaces. (Hey, it can get cold in L.A. at night).

Doing

Olvera Street is an old Mexican-American area with souvenir stands selling cheap, colourful guitars and great knickknacks for a few bucks. You can dine on cheap burritos or tacos and watch mariachi bands in full dress. Wander down to the Disney Concert Hall, designed by Ontario's own Frank Gehry. The nearby Angels Flight is an old-time funicular that takes you up (or down) Bunker Hill for 50 cents and is billed as the shortest railway in the world (just shy of 91 metres) The Grand Central Market has gorgeous produce and a shop selling jars of sarsaparilla, comfrey, ginger and more. Want a real change? Try a horseback ride in the hills with the folks at Sunset Hollywood Ranch), where you'll find remnants of southern California's cowboy culture and outstanding views.

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Taking the reel to the road in N.C.

North Carolina. Hollywood isn't the only destination for travelling cinephiles

VAWN HIMMELSBACH
life@metronews.ca

Road-trip your way through North Carolina and visit the filming locations of some of your favourite movies and TV shows, from The Hunger Games to Homeland, Sleepy Hollow, Banshee, Revolution and TIFF's You Are Here.

Raleigh

Start your road trip in Raleigh (tip: it's easy to find free parking across the state). Stroll through downtown and keep your eyes peeled for the N.C. Supreme Court and State Capitol buildings, which you might recognize from the hit TV series Homeland (the show, set in Washington, D.C., is actually filmed in North Carolina).

Gorge on the best fried chicken in town (you're in the South, after all) at Beasley's Chicken + Honey, created by James Beard-nominee Ashley Christensen. And head over to Mitch's Tavern for a pint. If it looks familiar, you might recognize it from the bar fight scene in Bull Durham — a classic flick celebrating its 25th anniversary this year.

Durham

Durham is a quick drive from Raleigh, and both movie and sports fans shouldn't miss the Historic Durham Athletic Park, where much of the Bull Durham action was shot.

Catch Durham's chilled-out vibe in the ultra-hip American Tobacco Historic District — factories that once supported America's tobacco industry now house a collection of shops, restaurants and bars.

Tyler's Taproom is a must, with 60 craft and specialty import beers on tap including a selection from Fullsteam Brewery, a "plow to pint" brewery that uses local produce — such as sweet potatoes, figs and basil — to make its beers.

Indulge yourself at Four Square Restaurant set in a charming Victorian house; chef Shane Ingram relies heavily on local farmers and changes the menu bi-monthly to reflect the freshest seasonal products.

Where to stay: The King's Daughters Inn combines the intimacy of a B&B with the luxurious touches of a high-end hotel, from gourmet breakfasts (think: eggnog pancakes) to a turn-down service that includes artisan chocolates and port.

Charlotte

A three-hour drive will take you to Charlotte — and if you're a fan of Homeland, this is where the action's at (see sidebar).

But there's more than movie action. Get active at the U.S. National Whitewater Center, which offers up 22 kilometres of mountain-biking and hiking trails, as well as a climbing centre, 335-metre zipline, flat-water kayaking and whitewater rafting on a multiple-channel man-made river with class III-IV rapids.

Brevard

From Charlotte, drive a couple of hours to Brevard, the ultimate cool in mountain towns. Set in the Blue Ridge Mountains, the area is home to the Pisgah National Forest, Gorges State Park and, of particular interest to fans of The Hunger Games, the DuPont State Recreational Forest (a.k.a. the "arena").

The best way to see where your favourite scenes were shot (like when Katniss finds Peeta lying in camouflage) is on a Hunger Games Unofficial Fan Tour — where you'll also get a chance to test your skills at archery and sling shot. If you're a cyclist, hiker or kayaker, Brevard is a little slice of heaven.

Asheville

A half an hour's drive will take you to retro-urban Asheville, known for its farm-to-table cuisine, cutting-edge music scene and thriving arts community. You won't find big-box retailers here — it's all about independent, eclectic boutiques, selling local art, funky jewelry and artisan chocolate.

Dinner at The Market Place Restaurant is a must, where chef and co-owner William Dissen regularly updates his menu according to what's available from local farmers, ranchers, cheese-makers and winegrowers, combining a reverence for Appalachian culinary heritage with worldly traditions.

Get your Homeland fix

Visit these Homeland filming locations in Charlotte:

- Sip a cocktail at the Lobby Bar in the swish Ritz-Carlton, where Carrie gets her first inclination that Brody might indeed be hiding something.
- Or smoke a pre-Castro Cuban cigar at Cutter's Cigar Bar & Lounge at the Marriott City Center — complete with mother of pearl-inlaid pool table and mahogany wood bar — where Carrie meets up with Brody.

Take in the fall colours around Brevard, set in North Carolina's Blue Ridge Mountains. TRACY TURPEN/TRANSYLVANIA TOURISM

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Career planning and job search Monday, Sept. 23, 11 a.m. – room 236	Downtown
Music Tuesday, Sept. 24, 4:15 p.m. – room 3228	Broadway
Dental technology Friday, Sept. 27, 1 p.m. – room 332	Downtown

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Hearty beef chili gets so boring and this version is faster, lighter and contains more delicate flavours.

Buy ground chicken on sale in a large pack and break it down into smaller, useable packages. Wrap tightly to freeze and it will last you a year.

Better yet, double or quadruple this recipe and freeze the cooked chili and save yourself both time and money.

1. Bring chicken stock to boil in a large skillet.

2. Add all ingredients except beans; cover and simmer to blend flavours, 15 minutes.

3. Add kidney beans, undrained; simmer until heated through, about 5 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/4 cup chicken stock ($0.40)
- 1, medium onion, chopped ($0.88)
- 1 large clove garlic, minced ($0.05)
- 1/2 lb ground chicken ($3)
- 1/4 cup drained canned green chilies, coarsely chopped ($1.29)
- 1/2 tsp dried oregano ($0.03)
- 1/2 tsp ground cumin ($0.05)
- 1/2 teaspoon ground coriander ($0.07)
- pinch ground cloves ($0.01)
- pinch tsp cayenne pepper ($0.01)
- 16 oz white kidney beans (cannellini beans) ($1.29)

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Great heights reached in a growing field

Best of the business. Interested in being an engineer? Check out these man-made marvels of the engineering field

MEGHAN GREAVES
TalentEgg.ca

"Big opportunities" are words often used when describing the perks of an engineering career. That's because engineers have competitive salaries, job growth, wide career variety, full benefits, and much more!

Beyond job perks, one of the greatest things about being an engineer is the innovative projects you will have the opportunity to be part of. Engineers have built historic innovations and achieved monumental feats that just can't be described in a job description.

So, we decided to compile a list of some of the greatest engineering projects of all time. Read on to get to get that extra push toward the profession.

The Internet

Technology engineers worked for decades to turn the Internet into what it is today.

- From its initial launch as a research, military and science tool in the 1950s, the Internet has grown to become a critical tool for everyday work and life. Future software and technology engineers will undoubtedly rely on this valuable invention throughout their careers!

Transcontinental Railroad

Before the ground-breaking construction of the Transcontinental Railroad, it would take on average five to six months of dangerous and expensive travel to cross the country! It took six years to complete the project, which was mostly done by hand. Engineering the railroad led to more money, jobs, immigrants, and expansion, which changed the way the nation functioned forever.

The Hoover Dam

The Hoover Dam was initially thought to be an impossible feat. But with the hard work and dedication of 200 engineers, the Hoover Dam was built and turned the flood-prone Colorado River into a source of economic development. To ensure the project was successful, engineers took into consideration weather, seismic activity, thermal movements, vehicle power, and structural bearings. The dam was fully completed by 1935, and is expected to last another 100 years!

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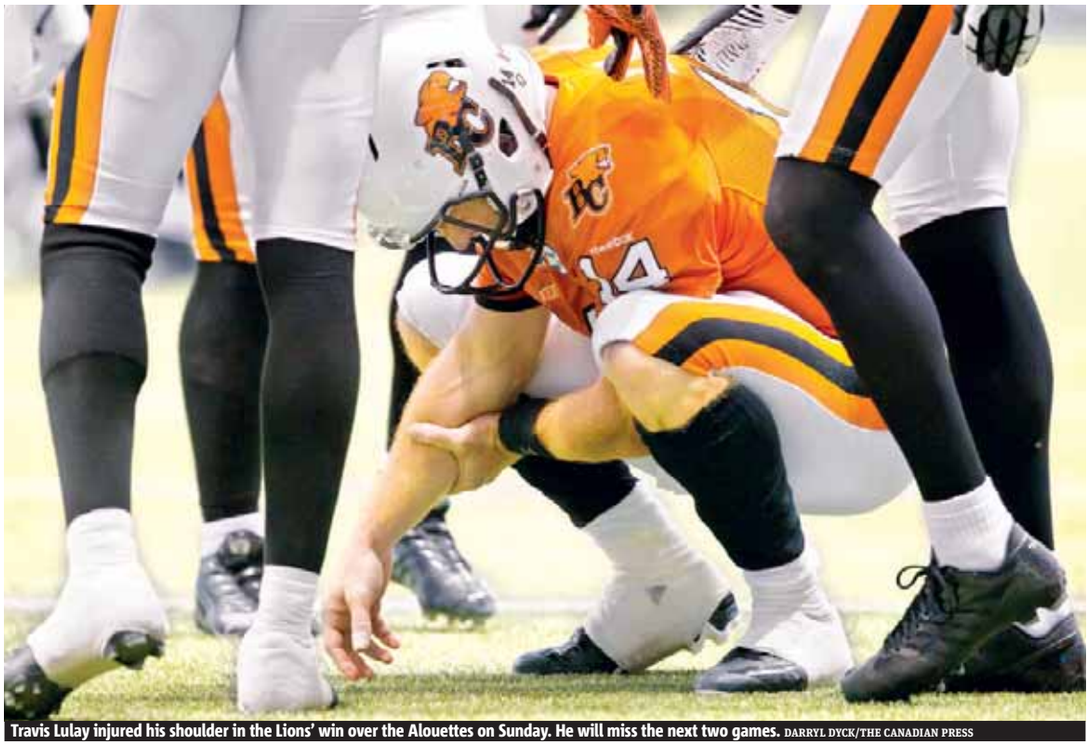

Travis Lulay injured his shoulder in the Lions' win over the Alouettes on Sunday. He will miss the next two games. DARRYL DYCK/THE CANADIAN PRESS

Lions shut Lulay down

CFL. B.C. QB will miss next two games after suffering a partial dislocation in his throwing shoulder

CAM TUCKER
cam.tucker@metronews.ca

BC Lions quarterback Travis Lulay will be a spectator, at least for the next two games, due to a shoulder injury.

On Tuesday, Lulay and head coach Mike Benevides told reporters that the pivot suffered a subluxation — a partial dislocation — in his throwing shoulder and will be shut down for the next two games, including a West Division showdown with the Saskatchewan Roughriders this upcoming Sunday.

Lulay suffered the injury in the fourth quarter of this past Sunday's win over the Montreal Alouettes, at the tail end of a 14-yard touchdown run in which he lowered his shoulder on a defender while trying to cross the goal-line.

Lulay was taken out of the game and underwent an MRI and X-ray on Monday.

The club will re-evaluate Lulay's ailing shoulder following the Sept. 27 game against the Winnipeg Blue Bombers.

"Right now, it's inflamed, it's sore and it needs to settle first and foremost," said Lulay.

"Get the swelling down so you get the range of motion back and get the stabilizer muscles back firing the way they were and go from there."

Surgery has not been recommended at this point, said Lulay, although that option has not been ruled out for the off-season.

Lulay missed two games toward the end of the season last year with a similar injury to the same shoulder and returned in Week 18.

B.C.'s next two games are on the road, and it sounds like Lulay will travel with the team for both contests.

The Lions go into the hostile territory of Mosaic Stadium in Regina to face the Roughriders on Sunday. All indications point to backup quarterback Thomas DeMarco, in his second year in B.C., making his first CFL start.

The starting quarterback versus Saskatchewan hasn't officially been announced yet, although Buck Pierce, acquired in a trade with the Winnipeg Blue Bombers, has only been back with the Lions for a little more than a week.

Quoted

"I've had those guys on the sidelines there for me. I want to be that guy for them." Travis Lulay

CFL

Bighill named top defensive player for Week 12

Edmonton quarterback Mike Reilly was named the top offensive player and Adam Bighill of the BC Lions earned defensive honours as the West Division dominated the CFL's player of the week awards.

Calgary punter Rob Maver won the special-teams award while Saskatchewan slotback Chris Getzlaf was the top Canadian.

Bighill recorded seven tackles and grabbed his first interception of the season to help the Lions defeat the visiting Montreal Alouettes, 36-14.

Bighill is fifth overall in tackles with 52 and is tied for second on the Lions with four sacks.

THE CANADIAN PRESS

Super Bowl

Premium tickets double in price

Super Bowl fans can prepare to pay double for the best seats.

The NFL expects the most expensive tickets for its championship game will be about $2,600 each for 9,000 premium seats for the Feb. 2 game at MetLife Stadium in East Rutherford, N.J.

That's more than twice the $1,250 cost for similar tickets at last season's Super Bowl in New Orleans.

The next tier of seats is expected to go for $1,500 compared to $950 in New Orleans. About 40 per cent of general admission seats will be under $1,000.

THE ASSOCIATED PRESS

Schroeder looks to shoulder Canucks centre spot

Jordan Schroeder GETTY IMAGES FILE

Lost at times in the current chatter around the Vancouver Canucks camp of developing young players at the National Hockey League level is Jordan Schroeder.

Schroeder, the Canucks' first-round pick from the 2009 draft, has come to training camp on a brand new one-year contract following an off-season in which he underwent surgery in May to repair a torn labrum in his left shoulder.

The diminutive 22-year-old centre suited up in 31 games for the Canucks last season, splitting time between the big club and Chicago in the American Hockey League.

He's looking for full-time employment in the NHL, although he's facing stiff competition for one of the bottom two centre jobs.

The Canucks signed Brad Richardson during the free-agent period, drafted Bo Horvat with the ninth overall pick in the draft and are taking a look at 2012 first-round pick Brendan Gaunce. Add Mike Santorelli to that list.

"I have to step up," Schroeder said Tuesday.

For a few years now, Schroeder has been dealing with an injury in which his shoulder would pop out during games, several times throughout the course of a season, and typically off of contact.

He said it would pop back in instantly, causing pain. That was before surgery.

He's taken some hits on it in camp and will likely play for the Canucks in Wednesday's exhibition game against the Edmonton Oilers.

Being the new head coach, John Tortorella isn't particularly familiar with Schroeder's game, although the centre's speed certainly gained his attention.

"I'm anxious to see him play," said Tortorella.

"I like his speed, I like his tenacity as far as on the puck. So now he'll play and we'll see where we go."

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DRIVE 5

The 2014 GMC Sierra

ALL PHOTOS WHEELBASEMEDIA.COM

Review. From top to bottom it's as new as it gets, right down to three brand new engines

MALCOLM GUNN
wheelbasemedia.com

With nearly endless combinations of powertrains, features and cab choices, you would be hard-pressed to find two identical pickup trucks on the road.

That's certainly the case with General Motors' light-duty cousins — the Chevrolet Silverado and GMC Sierra — although both share the same basic structure and running gear. For 2014, each continues with its own style and attitude, although the "attitude" part is hard to define, exactly.

While Chevrolet positions the Silverado as a kind of middle-ground pickup for both work and play, in the Sierra's case those virtues are distinctly separated. More basic GMC models accentuate the "Professional Grade" tag and the pitch is directed at buyers who rely on their pickups to earn a living. At the opposite end of the scale is the Sierra Denali sub-brand that places a much higher value on coddling content.

In either case, the Sierra's primary identification point can be spotted in your rearview mirror. The entire front end, including grille, headlights, bumper and in-your-face GMC logo, are more massive than before and in total make a bolder statement than the Silverado does. Of course as you scale the trim-level ladder the appointments become more luxurious and the cabin resembles something approaching a high-end limo, especially in the four-door crew-cab models. Limo-quiet cabins have also been the focus of GMC's designers. Improvements in aerodynamics, insulation and weather sealing help shut out intrusive noises.

Note that for 2014 the rear doors of the double cab (which has smaller doors than the crew cab) are now front-hinged just like the crew cab's doors, as opposed to being rear hinged, to provide easier access to the back seat. Just as a greater use of aluminum in fabricating various body panels and suspension parts has kept the Sierra's weight in check, the V6 and V8 engines also benefit.

All use aluminum cylinder blocks and incorporate direct injection, whereby fuel is forcefed into the cylinders under high pressure. That allows the fuel load to be tailored for very specific use. There's also continuously variable valve timing for improved low- and high-speed performance, while half the cylinders in V8 engines will automatically shut down in steady-state cruise conditions to save fuel. The V6 engine also runs on four cylinders in such situations.

What that all means is a standard 4.3-litre V6 — for all cab styles and in rear- and four-wheel-drive — that might have the same displacement as before, but now makes 285 horsepower and 305 pound-feet of torque. The old iron 4.3 was good for just 195/260 pound-feet. Now, that's good progress.

The 6.2 is standard in the Sierra Denali, which has as a rather substantial list of content. Unique 20-inch chrome wheels adorn the exterior, while wood and leather (including heated and cooled front seats) coat interior surfaces.

The Sierra starts at $25,100 for a basic V6 work truck, but heading into Denali territory and you could easily double that amount. Either way, with variety like this it's even more doubtful that you'll find two identical Sierras anywhere.

2014 GMC Sierra

- **Type.** Two- /four-door, rear-/four-wheel-drive full-size pickup
- **Engines (hp).** 4.3-litre OHV V6 (285); 5.3-litre OHV V8 (355); 6.2-litre OHV V8 (420)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** $27,800

GMC vs Chevy

Some minor sheetmetal differences exist between the Chevy and the GMC, but that's about it. Even the interiors of the two pickups share the same basic dash, control panel and available touch-screen communications centre that are a masterstroke of efficient legibility.

Fuel Economy

Mated to a standard six-speed automatic transmission, fuel consumption is reduced to 11.9 l/100 km in the city and 8.4 om the highway (previously 13.7/9.1). V8 choices consist of a new 5.3-litre unit with 355 horses and 383 pound-feet, up from 315/335, and a 6.2-litre piece rated at 420/450 pound-feet. That compares to the previous 6.2's 403/417 rating. The new engine is based on the V8 in the new 2014 Corvette. The 5.3 is rated at 13.0/8.7 l/100 km, but the 6.2's fuel numbers have yet to be divulged, although GMC says it will have a 5,450-kilogram tow rating.

Soft-touch upholstery is everywhere inside with tons of storage spots

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2 Ram 1500
Base price: $26,500

3 Toyota Tundra
Base price: $27,800

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Suzanne S. and her father **Bruce H.**
Ford Owner - 4 Years Ford Owner - 20 Years

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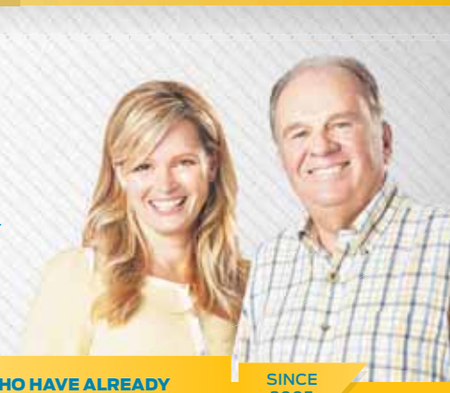

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9.5L/100km 30MPG CITY••••

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10.6L/100km 27MPG HWY••••
15.0L/100km 19MPG CITY••••

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Delivery Allowance	$7,250
Total Price Adjustments	$11,673

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Oh those eccentric British types ...

Autopilot. British Car Day attracted some interesting characters and cars, but none more so than Canada's own half-woman, half-car Venessa Koch

AUTO PILOT
Mike Goetz
drive@metronews.ca

Venessa Koch crouched in DeLorean mode. ALL IMAGES CONTRIBUTED

This past Sunday marked the 30th anniversary of British Car Day. Held every third Sunday in September at Ontario's Bronte Creek Provincial Park, British Car Day has been for some time now the largest single day gathering of British vehicular diversity in North America — about 1,000 vehicles and their servants manage to make the scene every year.

In other words, it's the dog's bollocks, brilliant, jolly good, etc., and I was chuffed to bits to make it out again, though a last minute family matter almost threw a spanner into the works. Okay that's bloody it for the British slang; now on to a couple of the cool vehicles that caught my eye this year…

Venessa Koch is not technically a car, British or otherwise, but she probably had her picture taken more than anything else on the field this year. She is not technically a Transformer either, but she sure looked like one. For her culminating thesis for her Theatre Production degree from Ryerson University she created a costume that starts out as a DeLorean automobile and ends up like a robot. It is awesome. The school gave her an A-plus, and the Ontario DeLorean Owners' Club awarded her Associate Member status. "I'm also their official mascot," said Koch, who was parked alongside other DeLoreans in the DeLorean row, and performed many "transformations" during the day.

Like a lot of DeLorean enthusiasts, she got the bug from the time-traveling DeLorean in the film, Back to the Future. "I've been in love with that car since I was 10." It took her about eight months to make the DeLorean transformer costume. It wasn't easy. She noted that unlike Optimus Prime, she actually has a spine that can't be folded several times.

The DeLorean contingent seemed to be having the most fun. They seemed younger than the Jag and Rolls crowds, for example, and their cars were the only ones there with faux Flux Capacitors. DeLoreans were made for only two years (1981 and 1982), in a plant located in Belfast, Northern Ireland.

Only slightly larger than Vanessa Koch was the Berkley SE328, owned by William Patterson of East Aurora, New York. At just a smidgen over three metres long, the front-drive Berkeley is the world's smallest production sports car. Patterson's SE328 model is fitted with a 328-cc two-stroke motorcycle engine, good for 18 horsepower. Patterson is over six feet tall, and when I asked him to get behind the wheel for a photo, he said sure, and then took about a minute to complete the manoeuvre. "You don't jump in and out of this thing on whim," said Patterson, "it's a commitment." A commitment to having a bit of fun, I thought later, when he took off for the day, in a cloud of two-stroke smoke and a cacophony of mechanical noises.

Before the DeLorean fan and mascot springs into robot mode.

William Patterson, who is over six foot tall, enjoys making the commitment and squeezing into his beautiful Berkley SE328.

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Me behind the wheel of the disguised new BMW i8, it also has scissor-like doors. PHOTO COURTESY OF BMW

How does BMW hybrid's tiny engine hit 250km/h?

Driving force. German automaker's latest creation sets the bar for weight and fuel consumption and is a true vision of the future

JIL MCINTOSH
drive@metronews.ca

Automakers have consistently worked to get more power out of smaller engines, but an upcoming BMW model may take the crown. The i8, a sports model planned for sale in Canada next year, accelerates to 100 km/h in 4.5 seconds and can reach 250 km/h—and it's a hybrid with only a three-cylinder engine.

I had an exclusive opportunity to drive a heavily-disguised model at the company's test track in France, where the i8 proved it can run on electricity alone in the city, or hold its own at high speeds with some of the best of today's conventional competitors.

"We need the ability for emission-free driving," says Dr. Carsten Breitfeld, vice-president of BMW and director of the i8 program. "There will be a clear need for every powertrain in the future to reduce fuel consumption at its maximum."

The i8 combines a variety of technologies. Its front wheels are powered by an electric motor, mated to a two-speed transmission that the car uses when running on battery only. After it's recharged by plugging into a wall, the i8 can run almost silently for 35 km on electricity. That's primarily for city use, but it can reach 120 km/h on the battery alone.

The rear wheels are powered by a turbocharged 1.5-litre three-cylinder engine, with a six-speed automatic transmission. During regular and performance driving, the i8 uses a combination of electricity and gasoline, using regenerative braking to recharge the battery while driving. The gas and electric systems, working together, produce 362 horsepower and 420 lb-ft of torque, comparable to what some eight-cylinder engines make.

Since both axles have their own power source, the i8 is all-wheel drive, which improves its handling. Electric motors make their power right away, while gasoline engines have to rev up. BMW solves this disparity with a small, high-voltage electric motor at the rear, which can provide additional power to the rear axle on acceleration to synchronize it with the front wheels.

To offset the heavy powertrain and battery, the i8 is made exclusively of lightweight materials, including an aluminum chassis, carbon fibre body, and plastic panels. The entire car weighs about 1,490 kg.

"What we put into the electric motor, we cut out of the (gasoline) engine," Breitfeld says. "The smaller engine gives smaller fuel consumption, while the electric motor makes it dynamic."

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Horoscopes

♈ Aries
March 21 - April 20
You don't have to batter your rivals into submission. The planets warn if you come on too strong they could hold a grudge that one day comes back at you. What goes around comes around.

♉ Taurus
April 21 - May 21
If a friend wants you to make a commitment today, don't refuse out of hand. With Venus, your ruler, linked to Saturn, it is in fact a good time to dedicate yourself to a cause.

♊ Gemini
May 22 - June 21
It may feel as if your hopes and wishes have been thrown into reverse but that is not the case: You are still on track to realize your dream. Focus on something mundane today — you will find that it helps.

♋ Cancer
June 22 - July 23
You may have to play along with someone and make them believe that you are still on their side but tomorrow's full moon will make clear your deception. A partnership will certainly be put to the test.

♌ Leo
July 24 - Aug. 23
Try not to say anything that causes resentment. Loved ones are liable to be touchy over the next 24 hours, so weigh your words carefully and, if in doubt, try saying nothing at all.

♍ Virgo
Aug. 24 - Sept. 23
Be the one who speaks up when others are too scared to make their thoughts known. Don't worry that you might provoke a negative response — it's better than no response.

♎ Libra
Sept. 24 - Oct. 23
It is pointless arguing with people whose way of looking at life is different to your own. Accept that you'll never see eye-to-eye and find friends you find it easier to converse with.

♏ Scorpio
Oct. 24 - Nov. 22
Venus linked to Saturn in your sign today should remind you that you are rich in the things that matter. Most important among them are relationships and the values you share with those you love.

♐ Sagittarius
Nov. 23 - Dec. 21
If you withhold information from others, you better have a good reason. The planets warn they won't be happy at being kept in the dark. You may have the right to silence but you don't have to use it.

♑ Capricorn
Dec. 22 - Jan. 20
If you are upset about a partnership matter, speak up. The longer you suffer in silence, the harder it will become to tell them what is wrong. Don't worry, they'll understand.

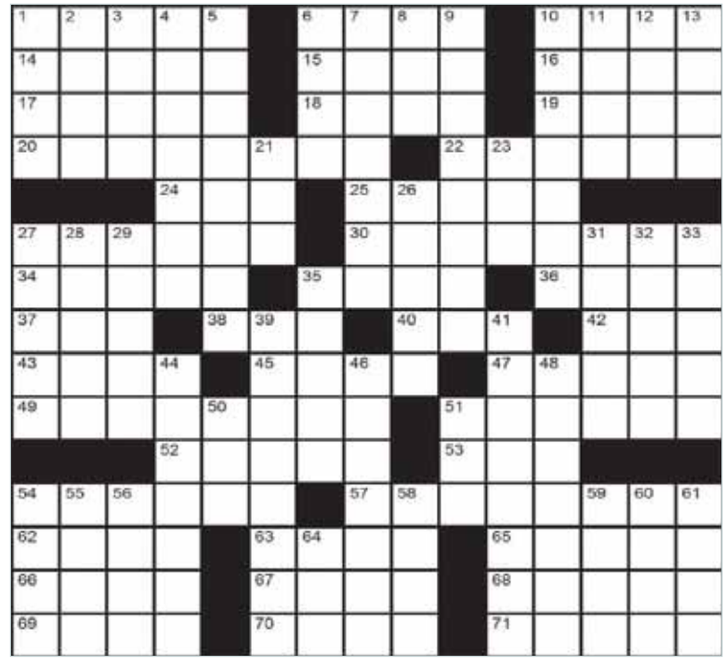
♒ Aquarius
Jan. 21 - Feb. 19
If you believe in what you are doing then it is as good as done. However, if there are doubts in your mind, your progress will falter, so make sure your mind is clear.

♓ Pisces
Feb. 20 - March 20
You may have to postpone something you were looking forward to today but don't get angry about it. A few days from now you will come back to it refreshed and determined to succeed. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

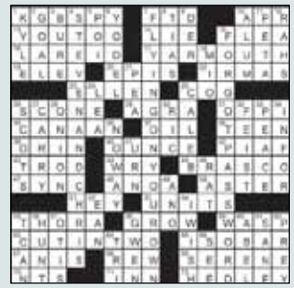
BY KELLY ANN BUCHANAN



Across
1. "General Hospital", and others
6. Rugged cliff
10. 'B' of BFF
14. Ms. Sevigny
15. Swanky transport
16. Ornamental purse
17. World org. based in NYC: 2 wds.
18. Worldwide, wee-ly
19. Land measure
20. British Columbia's capital
22. Be uncertain
24. U2's Ii'l land
25. Ms. Flynn Boyle's
27. Medical building
30. Montreal street; or, surname of Canadian actor Conrad Bain's role on "Diff'Rent Strokes"
34. Thesaurus compiler, Peter Mark __ (b.1779 - d.1869)
35. Not-against votes
36. Quito is its cap.
37. WWII operation, __ Jima
38. Friend ...en francais
40. Sneeze starters...
42. Skirt part
43. Prefix to 'morphosis'
45. "__ Rider" (1969)
47. Sculpt wood
49. "Income __" (Canadian series about creating a home rental unit)
51. Menu option under 'File': 2 wds.
52. Katy Perry's forthcoming album
53. Alien's craft, commonly
54. Tale of myth
57. Winnipeg-born anchor on CNN, Ashleigh __
62. Gumbo ingredient
63. It's pumped at gyms
65. More curious
66. Dish
67. Old, to Robert Burns
68. Resulted in: 2 wds.
69. Increases
70. "The Untouchables" role, Eliot __
71. Sag

Down
1. Canuck comedy sketch show
2. "__, __." (I-didn't-know-you-were-here type of greeting)
3. Sir Guinness
4. Quebec dish
5. Spanish 'Miss'
6. Nero's 152
7. CTV News anchor, Sandie __
8. Li'l quantity
9. Yukon event, Klondike __: 2 wds.
10. "Duh...": 2 wds.
11. Carve into stone
12. "You betcha!"
13. Level
21. Tape a li'l TV show
23. will._.__
26. Wide assortment
27. Make hair wavy
28. Decrease
29. "_ __ __ Extremes" by Billy Joel
31. Earthy pigment
32. __ York (New York, in Spanish)
33. Equivalent titles to 'Sirs' for women
35. Cars of Italy
39. Tragically Hip's "At the Hundredth __"
41. Michelangelo's support in the Sistine Chapel
44. Lost court case recourses
46. Icons
48. One who shuns
50. 'North' suffix
51. Yellow thing in the sky
54. Toronto's Casa
55. Just managed, with Out
56. Diploma-getter, briefly
58. These things: & & &
59. Vegetable stand selection
60. Actor/singer Jared
61. Lose one's grip
64. Actress, Sara __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7			2	3		6	
4								
				8	6		7	1
7		1		9		3		
			2		5			
		9		1		4		2
9	6		1	5				
								5
	8		6	3			2	

Yesterday's Sudoku

5	7	4	6	1	9	2	3	8
6	3	8	2	4	5	9	1	7
1	9	2	8	3	7	5	4	6
7	4	3	1	6	2	8	5	9
8	1	9	7	5	4	6	2	3
2	6	5	9	8	3	1	7	4
9	8	7	4	2	1	3	6	5
4	5	1	3	9	6	7	8	2
3	2	6	5	7	8	4	9	1

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